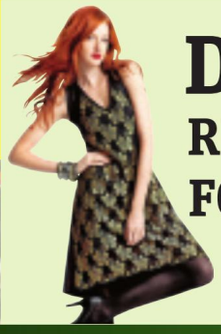
MIRROR IMAGE
THE FACE OF AIDS BELONGS TO US ALL
{pages 6-8}



DRESS IT UP
RING IN THE BLING FOR THE HOLIDAYS
STYLE {page 14}

WINNIPEG metro®
Thursday, December 1, 2011
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News worth sharing.

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Wheat. Board

▶ Katharina Stieffenholfer protests in front of the Fort Garry Hotel. Her parents came from Germany during the Second World War to farm in Canada, which she said her father thought was a democratic country.

SVJETLANA MLINAREVIC/METRO

Loss of monopoly goes against the grain

Katharina Stieffenholfer, above, along with about 50 others, protested in front of the hotel where Federal Agriculture Minister Gerry Ritz was speaking at a luncheon. The group was protesting the death of the Canadian Wheat Board's monopoly. See story at metronews.ca/winnipeg

Councillor rages in leaked email

- Email calls several councillors names
- Says committee decision hurt him deeply

Councillor Ross Eadie says he no longer trusts several fellow councilors — and told them so in a swear-filled email leaked to media on Tuesday.

"They stabbed me in the back," said Eadie. "When someone injures me I fight back."

Eadie's email was sent to Couns. Jeff Browaty (North Kildonan), Mike Pagtakhan (Point Douglas) and Russ Wyatt (Transcona), who sit on the City's Planning, Property and Development Committee. The committee overturned a Lord Selkirk-West Kildonan committee's earlier decision to not allow a two-storey fourplex to be built at 108 Scotia St.

The email, which drops several F-bombs, created a firestorm of media attention with Browaty, Pagtakhan, and Wyatt calling for an apology from Eadie.

Eadie said there is an unwritten rule among councillors — what happens in a councillor's ward is left to the decision of the councillor and the constituents in the riding.

"I'm not going to apologize ... It's a violation of trust."
COUNCILLOR ROSS EADIE

Browaty said Eadie's handling of the situation was "offensive, personal, and extremely unprofessional."

Although Eadie said he has no objection to a development on the site, he feels that it should be two single-family dwellings as opposed to a fourplex.

Browaty said there is a 10-unit condo complex across the street from the proposed fourplex and the development fits in with the City's new master plan.

Eadie said he hopes the executive policy committee will make a recommendation against the development and bring the issue to council where he hopes it will be overturned. **SVJETLANA MLINAREVIC**

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Woman charged after violent robbery

A 48-year-old woman was charged with attempted murder after a bizarre robbery in the West Broadway area Tuesday.

Winnipeg police allege that Delores Williams allegedly walked into a grocery store on Broadway at about 4:10 p.m., headed for the cash desk, stabbed the female cashier and then demanded money.

Customers in the store say they pulled Williams off the victim and held her until police and help arrived a few minutes later.

The cashier was taken to hospital in unstable condition, but has since been upgraded to stable.

Winnipeg Police Service Const. Rob Carver said the charge of attempted murder was laid because of the level of violence shown in the robbery.

"The cashier didn't even get a chance to comply (with any demands)," said Const. Carver. "She was attacked before there was even a demand for money."

Williams was also charged with robbery with a weapon and two counts of uttering threats.

ELISHA DACEY

Shooting may be gang-related

Two houses were hit with bullets after an incident police say may be gang-related. Neighbours in the 1000 block of Beauty Avenue said they heard several shots being fired on Tuesday night. METRO

Who. Me?

▶ The City of Winnipeg will back up a $17-million loan, needed to complete the Assiboine Park Zoo's Churchill exhibit.

ELLISHA DACEY/METRO FILE

Conservancy gets paws on city funds

The Assiniboine Park Conservancy made the request, saying other funding sources could not be found to finish the $70-million exhibit. The request means should the conservancy be unable to pay, the city will act as a guarantor, essentially leaving city taxpayers on the hook should something go wrong.

Cops seek fraud victims

Several victims targeted twice or more One victim was in his 90s

ELISHA DACEY
@METRONEWS.CA

WINNIPEG POLICE SERVICES HANDOUT

▶ Claude Raymond Brabant

Police are looking for more victims after they arrested a man for swindling several seniors.

Winnipeg police said the scheme began in June, where a man would gain entrance to a senior-citizens complex, pretending to be a relative of someone in the building. Once inside, he would approach seniors in various apartments, pretending to be a maintenance man or security guard, and talk his way into suites.

There, he would search for money or debit cards, then ask for personal identification numbers.

"He would sometimes straight out ask them (for their PIN)," said Winnipeg Police Const. Rob Carver.

Const. Carver said Claude Raymond Brabant, 46, is accused of stealing thousands of dollars, including at least $3,000 from one victim. Others were mostly defrauded of about $200 or $300, he added.

Brabant was arrested yesterday morning at the seniors' complex in the 600 block of Portage Avenue, where he's accused of ripping people off.

"He was in the building and I'm assuming he was there in an attempt to do another incident," said Const. Carver.

Brabant was charged with five counts of fraud, five counts of theft under $5,000, breaking and entering and for committing an indecent act after he allegedly exposed himself.

Const. Carver said police released his picture in an effort to find more victims.

Anyone with information or who may have been targeted is asked to call police at 986-6668.

1 news

Google executive chairman Eric Schmidt says Congress is taking the wrong approach to fighting online piracy. Scan the code for the story.

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On the web

We'll always have Movember: MPs put aside partisan differences to model their charity moustaches. Video at metronews.ca

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News in brief

Reserve loses control of cash

CRISIS. The federal government is taking control of public funding out of the hands of a Northern Ontario reserve grappling with a severe housing shortage.

Aboriginal Affairs Minister John Duncan says he's also ordering an audit to find out where $90 million in federal money spent in Attawapiskat has gone over the last five years.

THE CANADIAN PRESS

42 dogs freed at puppy mill

CITIZEN'S TIP. Officials say 42 dogs have been rescued from a puppy mill in a community east of Woodstock, Ont., after an anonymous tip.

The Ontario SPCA says dogs were found living in houses too small for them in Creditville.

Dogs were tied to walls with very short leashes or left outside with no shelter.

THE CANADIAN PRESS

Teen charged in BBQ dine and dash

FOOD'S UP. A Halifax teen was apparently in need of a hearty meal when he allegedly broke into a home early yesterday and fired up the grill.

Police say a Fairview resident awoke to flames near his garage.

He discovered the barbecue and burning ribs stolen from a freezer in his garage.

An 18-year-old was found hiding nearby. He faces charges including break and enter, theft, possession of stolen property and carrying a concealed weapon. METRO

Was she a loving spy?

Were Tories asleep at the wheel? Ex-China spy says they erred over MP's relations with Chinese scribe

INTERNET PHOTO/TORSTAR NEWS SERVICE

▶ Xinhua reporter Shi Rong received flirtatious emails from MP Bob Dechert.

A defector from China's spy service has sent a security warning to Ottawa.

Li Fengzhi says the Conservatives should have been more concerned when one of their MPs was exposed having a relationship with a reporter for China's state news agency.

Li, a former agent with China's Ministry of State Security, says politicians such as Foreign Affairs parliamentary secretary Bob Dechert are a top target of Chinese spies.

Dechert's affair with Toronto-based Xinhua reporter Shi Rong was revealed when someone hijacked her e-mail account and forwarded intimate messages she received from the Mississauga politician last year. The leak was traced back to an apparent domestic dispute with her husband.

Li said it's not possible to say with certainty that Shi sent intelligence back to Beijing, but the act of striking up a relationship with an elected official fits the modus operandi of Chinese spies.

"That's the normal way to get the job done," said Li.

He defected to the U.S. in 2003 and is now believed to be working for the Central Intelligence Agency. He was speaking to a high-level Quebec conference on espionage through video link. For security reasons, his location was not disclosed.

TORSTAR NEWS SERVICE

Love and risks

- Despite his declarations of "love" for the reporter, the married Dechert said that their relationship was merely "flirtatious."
- Shi was called back to China when the relationship hit the news. And that is just another reason to be suspicious, Li Fengzhi said.
- "If the lady was called back to China very soon, I think it's possible she has some relationship with the security services — even if she's not an official agent of the Chinese security services," he said.

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From a writer of "The Office"...

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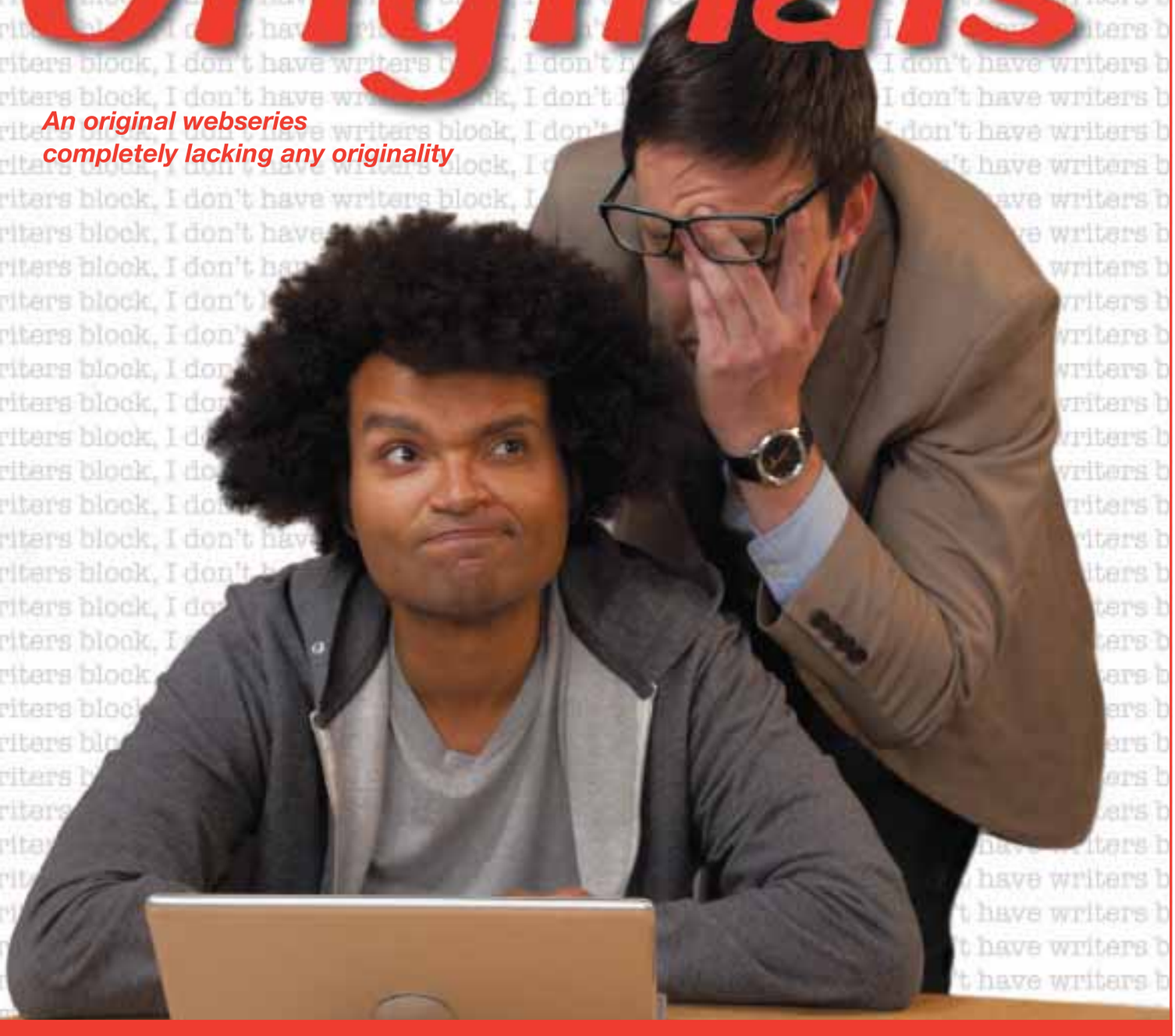

In this new webseries...

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New episodes post every Tuesday and Thursday. Watch at www.facebook.com/OriginalsTheSeries

AIDS was the major domestic public-health crisis of the '80s and '90s More recently, as medical research has provided longer and better lives to sufferers, the disease is no longer seen in this country as a certain death sentence Today, World AIDS Day, Metro takes stock of how far — and in what direction – we've come

HIV up among women, youth

World AIDS DAY '11

Men may make up the largest group of new HIV infections in Canada, but recent findings point to new demographics whose infection rates are on the rise: youth and women.

Thirty per cent of females diagnosed with HIV are between the ages of 15-19, up 16 per cent from 1996, says a report by the Public Health Agency in Canada.

Since 1985, youth between the ages of 15-29 have accounted for 26.5 per cent of new HIV cases.

These numbers prompted the Canadian AIDS Society to launch a month-long awareness campaign, called Get Out And Do Something, which targets youth.

"It was designed for youth because we are seeing a complacency," said Monique Doolittle-Ramas, executive director of the Canadian AIDS Society.

"(Many youth) actually thought the (AIDS) treatment was a cure."

She said part of the problem is that the issue isn't in their face. "You can't look at somebody and say, 'This person has HIV.' (But) it's in every community, every neighbourhood."

Doolittle-Ramas said many people don't realize that women represented 26 per cent of positive HIV tests in 2008.

Despite that, young girls are often schooled to use condoms to prevent pregnancy and STIs but not necessarily HIV.

Andre Ceranto, a co-ordinator at AIDS Committee of Toronto (ACT), said some women are contracting the illness from their monogamous partners.

"Asking serious questions such as 'Have you been tested for HIV?' remains a taboo subject even in relationships," he said.

Dr. Evan Wood, co-director of the Addiction and Urban Health Research Initiative at the B.C. Centre for Excellence in HIV/AIDS, says Canada's drug laws are fuelling an increase of HIV transmission among young women. "(Jail) ... drives vulnerable groups to the margins of society, where HIV is more likely to spread," he said.

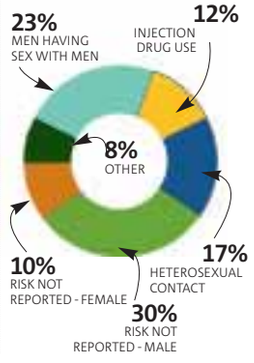
KENDRA WONG IN VANCOUVER

Distinction

- **HIV.** Human immunodeficiency virus is transmitted through sexual fluids or blood. The virus affects the immune system and inhibits its ability to fight off infection. HIV can develop into AIDS within an average of ten years.
- **AIDS.** Acquired immune deficiency syndrome is diagnosed when a person's white-blood-cell count drops below 200 (the average is between 600 and 1,200). The immune system becomes severely weakened and is no longer able to fight off infection.

Risk analysis

Among those who have tested positive for HIV in Canada, the following behaviours were reported:



To complete an online quiz and read about the frontline battle in Peru, visit metronews.ca/AIDSday. Our AIDS feature continues on pages 7 and 8.

In Manitoba

- In 2010, 108 new HIV cases were reported in Manitoba, up from 88 the previous year.
- Officials said the 20 per cent increase could be because more people are getting tested.
- About one-third of all new HIV cases last year were in the aboriginal population.
- Most new AIDS cases are diagnosed in Winnipeg.
- Dr. Joel Kettner, Manitoba's chief medical officer, told media last year he estimates for every new case of HIV-AIDS diagnosed in the province, two to three people are unaware they have the disease.

ELISHA DACEY

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Bruce, 46. Born and raised in St. Catharines, Ont.
On the face of HIV: "It was considered a gay disease. (Now) it's all walks of life. It could be your cousin, it could be your grandmother."

Cindy, 43. Born and raised in Toronto.
On HIV in her life: "My best friend in the whole world — we didn't talk again because she wouldn't let me hold her baby when it was born.... It impacted all of my decisions."

James, 57. Born and raised in Cape Breton.
On his buying habits these days: "I went to ask my doctor, and he said, 'You're not going to die of AIDS, you'll die of old age.' So I went out and I bought the (photo) enlarger."

The Face of HIV in Canada

For more photos and full profiles, go to metronews.ca/AIDSday.
Metro's AIDS feature continues on page 8.

INTERVIEWS **EVA SALINAS** PHOTOS **CHRISTIAN PEÑA**

Kenneth, 51. Born and raised in Hong Kong, moved to Winnipeg at 16 on a student visa.
On prejudice: "I was bullied once — they called me a chink. Now people judge me because I'm blind. We adapt."

Kevin, 48. Born and Raised on St. Joseph's Island, northern Ontario.
On medication: "You remember how fragile you are as a human being every time you pop those pills."

Tonie, 48. Born in Alberta but adopted by a family in the U.S., where she grew up.
On HIV: "I wouldn't wish this on anybody. I would wake up and think, 'What, am I going to die this year?'"

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SEARCHING FOR THE POSITIVE IN BEING POSITIVE

MEMOIR

CHRISTOPHER WILSON
FOR METRO

July 2002: I was diagnosed as HIV-positive at age 28. I remember clearly when the nurse at the Hassle Free Clinic in Toronto asked me how I was feeling after he spoke the words. I replied, "Shocked. Yeah, shocked." I knew that I had been with a positive partner in the past and that not all of our sexual practices had been safe. I had sincerely hoped not to keep a souvenir from that relationship.

I was terrified, and within an hour of leaving the clinic I found myself in the fetal position on a downtown sidewalk — in broad daylight — sobbing. Strangers stopped to see if I was all right, but their kind faces from that day remain an emotional blur in my consciousness.

I eventually met my now ex-husband. He entered our relationship HIV-negative and remained so for the time we were together.

Four years ago, my doctor informed me that it was time to begin antiretroviral treatment. I became angry and resentful, not wanting to admit to myself that I would now be reliant on drugs to survive. I didn't take his advice and later contracted an AIDS-related form of pneumonia that nearly killed me.

December 2012: I'm living vibrantly with HIV. The virus is certainly a part of my life, but it in no way defines who I am. I'm now divorced; my ex-husband could not ultimately negotiate this "thing" living inside of me.

I date casually, though I occasionally struggle with disclosure issues and potential rejection with HIV-negative men. But, in all honesty, I walk each day with the intention of finding the positive in being positive.

Living with HIV can certainly be complicated, but I have learned that even the most seemingly insurmountable obstacles can be overcome. Yes, there have been health casualties and relationship losses along the way. But there has also been a great deal of strength and insight that I have learned from my journey.

Ultimately, HIV and its presence in my life, has led me to a much deeper and richer understanding of myself and the world in which I live.

Christopher Wilson is the writer-composer of the new musical drama Living With Henry, which explores his life experiences and seeks to educate, inform and inspire others. It premiered at this year's Toronto Fringe Festival. livingwithhenry.com

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Access to U.S. cash made easier for banks

Temporary dollar loans to be reduced by half a percentage point next Monday Stocks surged when announced

The Bank of Canada and five other central banks have launched a pre-emptive strike in an attempt to ward off a new global credit crunch and a possible new global recession.

The European Central Bank, the U.S. Federal Reserve, the Bank of England and the central banks of Canada, Japan and Switzerland said yesterday they will make it cheaper for banks to access U.S. dollars.

The measure to reduce costs and access to U.S. dollars — thereby boosting liquidity and loan activity — was meant as a signal to markets that policy-makers are prepared to intervene aggressively at the first sign of trouble, said analysts. But it does not resolve the issue of sovereign debt in Europe and the solvency of European banks with billions of euros in government bonds on their books, they added.

Finance Minister Jim Flaherty called the cooperation a "positive" indicator.

"One of the things that we see when there's a great deal of uncertainty is a tightening of credit and that has been a challenge particularly with respect to U.S. dollars and some of the European financial institutions. This is a step forward," he told reporters.

Flaherty reiterated that Europe is rich enough to help itself and should not relay on the International Monetary Fund, often called the bank of last resort for the poorest nations.

Analysts said European banks had been seeing their costs for acquiring funding in U.S. currency rise four-fold in recent months. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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Oil	**Natural gas**
+ 57¢ US ($100.36 US)	$3.550 US (- 8.3¢)
	Gold
	$1,750.30 US (+ $31.40 US)

Export boost temporary: Analysts

Surging exports helped revive Canada's economy in the third quarter after an unexpected spring swoon that now appears to have been solely attributable to temporary factors.

The country's real gross domestic product expanded by a better-than-expected 3.5 per cent in the July-September period, more than reversing the second quarter's half-point contraction.

The big lift came from exports, which grew 14 per cent on an annualized basis during the quarter and contributed about five percentage points to overall GDP.

While that is encouraging for Canada's battered manufacturing sector, it also sets the economy up for a disappointment going forward, said analysts. THE CANADIAN PRESS

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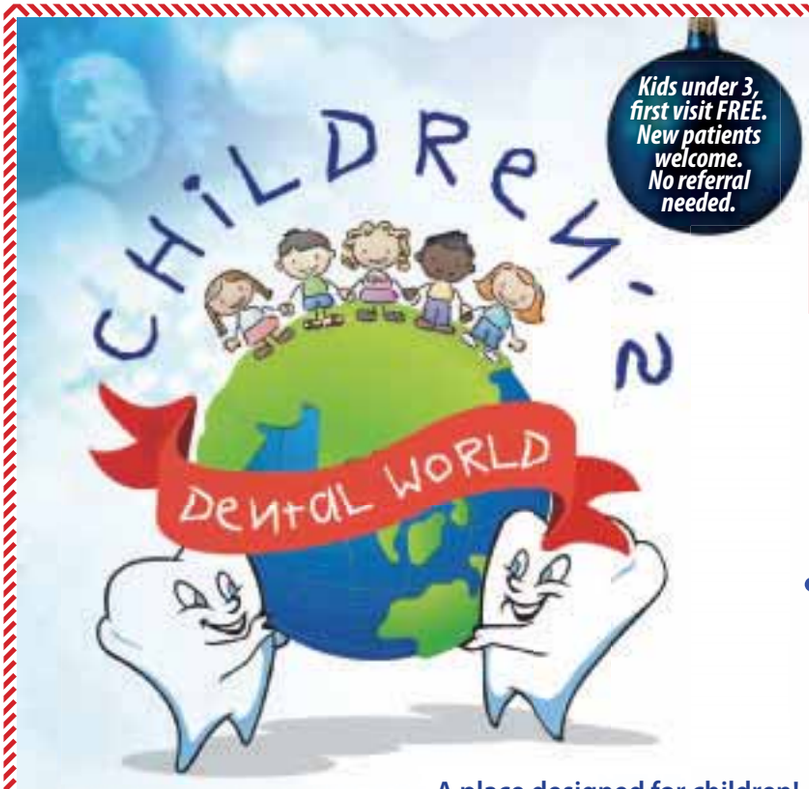

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'TIS THE SEASON TO SHOP TILL YOU (LITERALLY) DROP

HE SAYS ...

JOHN MAZEROLLE
METRO

Now that Santa Claus parades have passed, snow has fallen and stores have entered their seventh exciting week of Christmas music, I think it's safe to talk shopping.

Not that there's anything safe about it.

The starting gun for holiday shopping is "Black Friday," though few Americans would use something as feeble as a starting gun to get their hands on a discounted DVD player.

This calls for heavy weaponry. It's in the constitution.

Even without firepower, Americans bulk up with turkey on "Black Thursday" to prepare for various cannonball moves needed to get at merchandise on Black Friday, shop at smaller stores on "Black Friday Hangover" and then online on "Cyber Monday." Other important days include "Utensil Blowout Tuesday," "Paisley Wednesday" and "The Thursday of Regret."

Meanwhile, Canadians watch the pepper sprayings and shootings and stampedes and can only think one thing: We want in. Though there's an annual lament that North Americans have forgotten the true meaning of Christmas, I can assure you that holiday shopping has been crazy for at least my entire lifetime.

"And who could forget Tickle Me Elmo, whose announcement, "Heh, heh! That tickles!" was an interesting counterpoint to store clerks yelling, "Dear God! Get off my spine!"

First it was Cabbage Patch Dolls. Nothing evoked the spirit of the season quite like old women having fistfights over ugly, fat-faced dolls.

Then there was Furby, a pricey doll that first spoke gibberish, but eventually learned English phrases like "A fool and his money are soon parted."

And who could forget Tickle Me Elmo, whose announcement "Heh, heh! That tickles!" was an interesting counterpoint to store clerks yelling, "Dear God! Get off my spine!"

It's never pretty, but what can be done? Well, I say this with utmost humility: Be more like me. If you shopped as I shop, we'd only need one shopping day. The entire continent would be done in minutes, actually. My goal during any shopping excursion is to treat the inside of the mall like it's Fukushima Daiichi — the less exposure the better. I'm a mission shopper.

RECORDING: Your mission, should you accept: We need a Chapters gift card, a backgammon set, and some sandalwood soap, whatever that is (women like it, we think). This MP3 player will self-destruct as soon as the warranty expires.

ME: I'll be in and out in 11 seconds.

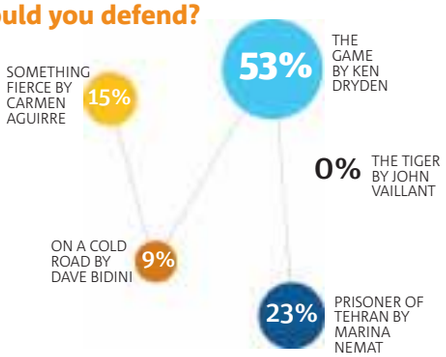
With shopping complete, one can get back to the important things, such as enjoying the sights of the season, and repaying crippling shopping debts. And, because you skipped the violence, you'll have plenty of pepper spray next year for the repo man. Also, any store manager that decides to play Christmas music on Nov. 1.

As we remember the true meaning of the season, let us spray.

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Which book in Canada Reads contest would you defend?



Local tweets

- **@MBPork:** Good luck to chefs taking part in #Baconfest. Delicious & creative dishes featuring all #bacon - all for a great cause!
- **@FenskePeg:** I'm hoping all the berries and green tea I consume this morning will combat the effects of the amount of bacon I'll eat tonight. #baconfest
- **@SarahZaharia:** @fenskepeg Eating raspberries and drinking water right now! It's all about smart pre-eating for when the eating of bacon begins #baconfest
- **@allez_cuisine:** 7 o'clock tonight I will be experiencing... #baconfest :)
- **@JohnHeim:** It's beginning to look a lot like bacon, ev'rywhere you go...#baconfest
- **@Cshifty:** Volunteering at @AceBurpeeShow's #BaconFest tonight in support of @UnitedWayWpg! I imagine it will be like if Willy Wonka sold bacon.
- **@nicolerudge:** Working in the morning, going for a run & some yoga in the afternoon, and sneaking good eats & drinks while working #baconfest tonight.

RICHARD PETERS/REX FEATURES

Daily Zoom

Foxy snow dive

Cunning fox goes 'mousing'

WYOMING. Deep in the Lamar Valley of Yellowstone National Park, this red fox uses its large ears to listen out for a mouse before "snow-diving" to try and catch it.

Richard Peters had only a handful of seconds to snap this fox in motion, which had waited 20 minutes before launching its attack.

METRO WORLD NEWS

"In the end, the mouse was quicker. The fox came out with nothing in its mouth."
RICHARD PETERS, PHOTOGRAPHER

Wolves head for warmer climate

PHOTO TOUR. For the 33-year-old photographer from London, this fox snap was not what he had intended. As he explained to Metro: "I went there to photo-hunt wolves. But the harsh winter — with over two metres of snow and temperatures as low as - 39 C — forced the wolves to migrate to warmer places."

METRO WORLD NEWS

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Not pulling any punches

Left Hook, Right Jab and Other Musical Notes now showing at The Rachel Browne Theatre

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG

Nature via nurture.

Commissioned to create a new work for Winnipeg's Contemporary Dancers, Montreal-based choreographer Roger Sinha used his Winnipeg work environment to create an autobiographical piece.

"Here I am in the prairies. When I came to Canada in 1968, it was to Saskatoon," Sinha says, 51, born in London, England to an Armenian mother and an Indian father.

"I experienced a great deal of racism there. I got my ass kicked for weeks on end. In '68 I was the only kid of colour in my class and one of the only ones in my school. Also, one of the dancers in this piece (Mark Sawh Medrano) is actually South Asian. You don't see a lot of South Asian dancers in contemporary dance, male particularly. You can count them on one hand."

In addition to prairies and prejudice, the piece, titled Left Hook, Right Jab and other Musical Notes, is inspired by the fact that dancers Medrano and Lise McMillan are trained in the martial arts.

"I'm a black belt in karate and I've got two martial artists in my company. I've never had that opportunity. I have to do a fight scene," Sinha says.

"Why did I take karate in the first place? To protect myself from the racists who used to beat me up. It all came together. Even though I'm using dancers, their abilities and their skills, this is a piece about me."

Sinha, who founded Sinha Danse in 1991, is known for his distinct style, blending classical Indian dance with contemporary dance, an East/West relationship he first explored with 1992's Burning Skin.

"I went into Indian dance and culture in order to accept myself and be accepted in the dance community," Sinha says. "It was a springboard for me to find my original and unique voice."

Left Hook premieres tonight at The Rachel Browne Theatre and runs until Sunday.

Also on the bill, a new work by WCD artistic director Brent Lott and company founder Rachel Browne.

Tickets are $25 ($20 for students/seniors) and are available at Ticketmaster or by calling the WCD box office at 452-0229 ext. 224.

Showtime is 8 pm with a 3 pm matinee performance that will be available on Sunday.

CONTRIBUTED

▶ Left Hook, Right Jab and other Musical Notes brings its unique voice to The Rachel Browne Theatre

2 scene

Kardashian

Reality TV star Kourtney Kardashian says she's expecting baby No. 2 with her boyfriend.

THE ASSOCIATED PRESS

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AIDS awareness earns Alicia praise

Bono attends premiere of Keys' film about disease in Africa, says she has 'lioness energy'

Bono is afraid of Alicia Keys.

While Keys talked about being pregnant and empathetic when filming her documentary about AIDS in Africa, the U2 singer chimed in and said: "She's scary, isn't she? She's scary."

Bono went on to say that Keys has "lioness energy" and that her role as a new mother won't allow her to "let other mothers suffer."

He made the comments at the premiere of Keep a Child Alive with Alicia Keys, a documentary that followed a visit to South Africa during last year's World Cup with a pregnant Keys and five Americans. It airs on the cable television Showtime channel today, which is World AIDS Day.

Bono said he met Keys when they recorded a cover of Marvin Gaye's What's Going On — with dozens of other musicians — in 2001.

"I was terrified the moment I met her. I was shaking in my boots," he said. "I was very moved by her singing of course, but what was interesting was the hard questions afterwards, and I think it's those hard questions that she asks that lead her."

Keys started her charity, Keep a Child Alive, in 2003. It assists those affected by HIV/AIDS in Africa and India.

She says she hopes the film reaches out to those who want to help, but can't make it to Africa.

"Even if you never have been able to travel there, or if you never can, that doesn't mean you can't travel with us and really see it for yourself," she said.

CHARLES SYKES/THE ASSOCIATED PRESS

▶ Bono and Alicia Keys attend the premiere of the Showtime documentary Keep a Child Alive with Alicia Keys, in New York, on Tuesday.

Bono says Keys has what it takes to make a difference in Africa, and around the world.

"Everyone's got heart, but actually you have to have the head for this," he said. "You have to be tough and strategic, you have to be demanding, (and) the money has to be spent well."

If the money isn't spent well, he said, people get annoyed, "and so all these things take a certain intellectual rigour."

THE ASSOCIATED PRESS

Broadway

- Alicia Keys has composed music for the Broadway play Stick Fly, which debuts next week.
- When Bono —who along with the Edge wrote the music for Spider-Man: Turn off the Dark — was asked what advice he could give Keys, he said: "You know, it's an amazing American tradition, Broadway, and she can do anything she wants."

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Spirit of the West inspired by children in Swaziland

Vancouver folk-rock outfit Spirit of the West has released a charity single benefiting AIDS orphans in Swaziland, a song inspired by singer John Mann's repeat visits to the African country.

Bulembu is an organization that bought an abandoned mining town and reconstructed it into a safe haven for orphans, many of whom suffer from AIDS — Swaziland has the highest rate of HIV prevalence in the world, according to a United Nations report.

When Mann first visited the community in 2010, he was struck not only by the poverty he saw, but the spirit of the people. He began penning the hopeful track as soon as he boarded the airplane home.

"It's a very inspiring place," Mann said on the line from Vancouver in a recent telephone interview. "Our problems are nothing, they're absolutely nothing compared to what these people go through and many of these kids go through.

"The kids themselves are just, man, they absolutely break your heart."

THE CANADIAN PRESS

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Watch out Lohan, it's Love to the rescue

- Courtney Love offers her expertise in sobriety to Lindsay Lohan
- That's right, Kurt Cobain's widow is going to be a sobriety coach

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Well, if this doesn't spell the end for Lindsay Lohan, I don't know what does: Courtney Love, a woman once so wasted she was photographed having a stranger suck her bare nipple at a Wendy's, is apparently Lindsay Lohan's new sobriety coach.

Yes, in the new issue of Details, Love says she's taken on the role.

Love says she is using her past to show Lohan that she is making a mistake by using drugs. "I went up to Lindsay's room one time and there was a show on called '101 Celebrity Oops' and I am like every other one, you know — boobs out, legs everywhere, throwing s– at Madonna, you know, whatever," Kurt Cobain's widow told the magazine. "I'm like 'Lindsay, look! Drugs are bad!'"

Having Courtney Love as your sober coach makes about as much sense has having Chris Farley as your weight-loss guru.

ALL PHOTOS GETTY IMAGES

▶ Courtney Love

Celebrity tweets

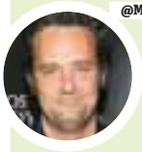
@Joan_Rivers

Everyone is happy that Conrad Murray was sentenced to four years in prison, except for other inmates suffering from insomnia.

@MarthaStewart

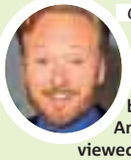
twitter is not necessarily the place to worry about grammar,spelling and syntax- i just try to fit my thoughts into 140 characters or less..

@MatthewPerry



I'm on a train. Whatever.

@ConanOBrien

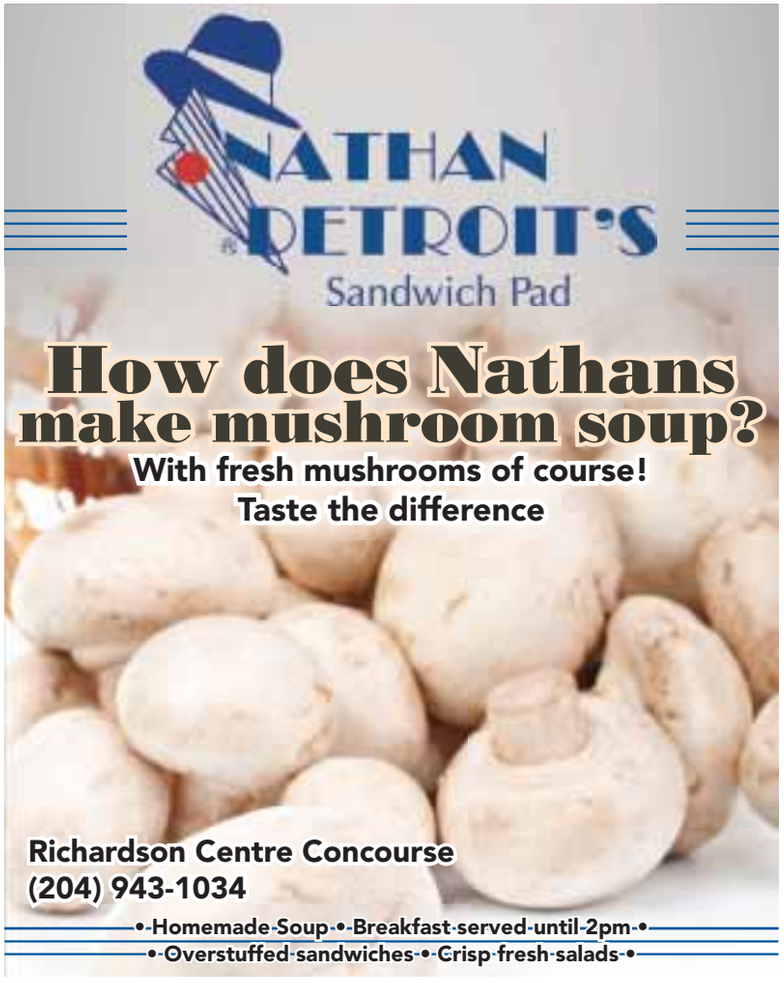


Not gonna say what I bought, but Amazon just reviewed my order and said, "You might also be interested in therapy."

Moore takes 'me time'

It turns out Demi Moore wasn't on hand for youngest daughter Tallulah's recent debutante ball in Paris because she stayed back in L.A. for some "me time." Moore, who recently filed for divorce from Ashton Kutcher, was spotted enjoying a dinner with close friend and florist Eric Butterbaugh at the Sunset Tower Hotel, according to Us Weekly. METRO

▶ Demi Moore



3 life

Beauty pick

Scents in the city

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One festive fashionista

Iconic Canadian designer Marie Saint Pierre dishes on the dos and dont's of holiday dressing

HEATHER BUCHAN
LIFE@METRONEWS.CA

Celebrated Montreal-based designer Marie Saint Pierre has teamed up with Reitmans on a capsule collection of 10 dresses for the holidays.

Featuring the signature touches — asymmetrical hemlines, a playful combination of fabrics and architectural details — that have made Saint Pierre a hit internationally, each dress offers the versatility of day-to-evening wear at an accessible price.

"We wanted to offer essential dresses for this collection," explains Saint Pierre. "We wanted to give them timeless pieces that would go beyond Christmas and you could wear throughout the year," she adds of the offerings, all of which are variations of the little black dress.

When it comes to holiday dresses, Saint Pierre says if you opt for classic and elegant black, which is universally flattering on any shape, you can add a splash of colour with some accessories.

"Black is versatile and at the same time it is glamorous. It's such a functional colour for most people; it's like a blank canvas. If you are going to buy one dress, buy a black dress that you can wear for many occasions and for many years."

▶ Marie Saint Pierre for Reitmans collection. From left: V-neck dress with gold lace; V-neck knit and taffeta dress with sash; $85 each.

Top tip

Sleeveless dresses and tops should show off your arms, not your bra. If your bra straps show, the cut of the dress is wrong for you or the top is too big at your shoulders.

Creatively moving from day to night

"You can wear a cardigan over the dress during the day with flat shoes, then add the necklace, a pair of heels and remove the cardigan for the evening cocktail party," says Saint Pierre.

However, Saint Pierre did include that ultimate holiday colour — red — in the bustier of her bubble skirt dress as well as a lovely deep blue in the skirt of a taffeta number.

Saint Pierre believes that the movement and drape of a dress are key elements to look for when choosing what to wear to your holiday parties. "Having movement in a dress is important. That's when you create a buzz," says Saint Pierre, adding that holiday parties are the time to go all out and really shine.

"When you overdress, you create the party," she says. "I think the holidays are a time to dress up rather than dress down. So add on accessories."

It's all about choosing a figure-flattering dress that accentuates the right areas, as well as concealing the right areas.

"High-low hems (higher in the front, lower in the back) for instance gives a nice flow and silhouette as do A-line skirts," she explains.

Some people hesitate to wear strapless or sleeveless dresses to office holiday parties, deeming it inappropriate. Saint Pierre, however, poo-poos that notion. "It is the time when you can bare your shoulders. If not at a holiday party, then when?"

Holiday bling

How to accessorize your outfit

- "We worked a lot with chains. I think you can mix the chain with the fur, you can mix the chain with a nice cashmere scarf or a fur bag, or an amazing ring," says Saint Pierre.
- "I would not put too many accessories together though. Go with one big statement accessory."
- The designer also points to carrying a colourful clutch for a pop of colour with a black dress or adorning the wrist with a big cuff. "For an event, you can have a really great presence with a hat," she adds.

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Let your holiday table sparkle

How to keep your silver, crystal and china clean and shining

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

This week I take a practical approach to decorating with cleanliness and shine; making sure that all your treasured tabletop and bar items look their very best after a long year of storage in the china cabinet.

With a bit of technology and a few old-fashioned tips, you can release your inner butler and create tabletops that sparkle, shine and gleam!

Cleaning:

For the little time that it takes to polish up your glass and metals, you'll sit at the table with pride as your guests compliment how great everything looks.

I like to set the table completely, then go around and polish everything one final time. I suggest sitting in each guest's chair to do the polishing at each setting — you'll be surprised at what you see from each guest's perspective.

Here's an old-time method to remove time-worn tarnish from your silver treasures: Line a plastic basin with aluminum foil, shiny side up.

Place the tarnished flatware inside. Make sure all pieces are contacting the foil. Sprinkle in a 1/4 cup of baking soda and pour in 16 cups of boiling water. Stir and let the silver soak for 10 to 15 minutes. Remove the silver. Rinse, and buff with a clean, soft cloth.

Wear cotton gloves when setting the table; it's the simplest way to guarantee no fingerprints are left on dishes, cutlery and crystal.

Silver items that are stored out of sight can also be kept in Ziploc bags to stop tarnishing.

Wrapping silverware in dark blue tissue paper will also keep it from tarnishing (so says my grandmother).

Protecting:

There is nothing worse than going to set a table and discovering that one of the stacked dinner plates is cracked.

You no longer have a full set to use and you are without the proper amount of required table settings.

The best way to keep your dishes, silver, crystal and flatware protected is to care for them properly.

Do not stack more than eight china plates or bowls on top of another to avoid too much pressure on bottom plates.

Some home goods stores sell storage bags specifically designed to store china. These are typically cloth or plastic bags, felt-lined and closed with zippers.

Sheets of felt can be purchased at fabric and craft stores, and placed between fine dishes to keep them protected.

Consider purchasing sturdy, see-through stackable plastic tote containers with handles on either side so everything can be stored and seen without labelling.

Do not add scented sachets or smells in storage boxes or cabinets as crystal and glassware can actually absorb the smells.

When purchasing crystal, flatware or china buy an extra to allot for breakage, loss, wear and tear.

ISTOCK

▶ Give your table's bling a little love.

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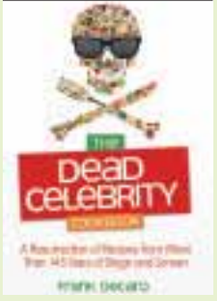
Weekly Cookbook



In his book The Dead Celebrity Cookbook: A Resurrection of Recipes by 150 Stars of Stage and Screen, Frank DeCaro puts long-gone stars in the spotlight once again.

Famous celeb's recipes were rescued for the book, including Elizabeth Taylor's Chicken with Avocado and Mushrooms, Frank Sinatra's Barbecued Lamb, Johnny Cash's Old Iron Pot Family-Style Chili and Katharine Hepburn's Brownies, among others.

Chili Dogs, normally considered a summer treat, are remade for winter

MATTHEW MEAD/ THE ASSOCIATED PRESS

Hot dogs tossed in a toasted bun and slathered with chili and shredded cheese tend to scream summer.

But because those flavours go so nicely together, they begged to be converted into a recipe that is better suited for fending off the chill of a winter night.

In converting the recipe, there was no reason to mess around too much with the hot dog or chili topping. Why ruin a good thing? Instead, the focus is on the starch. Roasted potatoes were the right flavour, but wrong texture. Mashed, however, were just right. The resulting recipe oozes comfort and warmth.

Winter Chili Dogs

Ingredients:

- 1 kg (2 pounds) Yukon gold potatoes, peeled and quartered
- 60 ml (4 tbsp or 1/2 stick) butter
- 125 ml (1/2 cup) milk
- Salt and black pepper
- 430 ml (15-ounce) can vegetarian baked beans
- 22 ml (1 1/2 tbsp) tomato paste
- 10 ml (2 tsp) cumin
- 7 ml (1 1/2 tsp) paprika
- 5 ml (1 tsp) chili powder
- 1 ml (1/4 tsp) cayenne pepper
- 4 hot dogs
- 125 ml (1/2 cup) shredded cheddar cheese
- Sour cream, to serve
- Chopped pickled jalapeno slices and red onion

Preparation:

1. Place potatoes in pot and add enough water to cover. Bring to boil and cook 15 to 20 minutes, or until potatoes are tender. Drain and return to pot. Add butter and milk, then mash until chunky smooth. Season with salt, pepper; set aside.
2. In saucepan over medium heat combine baked beans, tomato paste, cumin, smoked paprika, chili powder and cayenne. Simmer, cover and set aside.
3. Heat grill pan to medium-high. Add hot dogs and cook until heated through and browned on all sides, about 6 to 7 minutes.
4. To serve, divide mashed potatoes between 4 serving plates. Top each with a hot dog, then ladle beans and top with cheese, sour cream, jalapeños, red onion.

THE ASSOCIATED PRESS

A Winnipeg company is currently looking for an employee with exceptional knowledge of Cantonese and Szechuan style cuisine (including traditional Hong Kong dim sum and Hong Kong style bakery and pastry), is able to and willing to train and to provide recipes and share your skills and knowledge and cooking techniques to the master chefs and sous chefs of the company. You have the following experience: (i) over 5 years experiences of training chefs; (ii) over 5 years experiences of a master chef; and (iii) experiences with opening new restaurants. We offer a competitive salary and comprehensive benefits package. Please send your resume to the following: Eric at: epl663@hotmail.ca

Fight off cold with slow-cooked roast

THE CANADIAN PRESS H/O

This comforting Beef Pot Roast is a must when the weather gets chilly

Comforting and tasty, this beef pot roast can easily be served up for dinner.

The hearty meal also offers leftovers for another day. Serve it with mashed potatoes and buttered savoury cabbage.

Beef Pot Roast

Ingredients:

- 750 g (1 1/2 lb) beef brisket roast
- 2 onions, quartered
- 2 carrots, cut in half lengthwise, then into 5-cm (2-inch) chunks
- Half a small rutabaga, peeled and cut into chunks
- 250 ml (1 cup) dry red wine or beef stock
- 15 ml (1 tbsp) tomato paste
- 1 bay leaf
- Salt and pepper, to taste

Preparation:

1. In slow cooker stoneware, place beef brisket and arrange vegetables. Mix wine and tomato paste, pour over brisket; add bay leaf and cook on Low for 5 to 6 hours or until meat is tender and vegetables are cooked through.
2. Meat juices will make delicious gravy. If thicker gravy is preferred, mix a little cold water with cornstarch and a few spoonfuls of meat juice in a small pan, add remaining liquid and bring to a boil to thicken. Season with salt and pepper to taste.

CROCK-POT.CA/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

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Merry Cherry Cheesecake

Ingredients:

- 1½ cups graham crumbs
- ½ tsp ground cinnamon
- 3 tbsp butter, melted
- ¼ cup freshly squeezed lemon juice
- 1 pkg (¼ oz/7 g) unflavoured gelatine
- 2 pkgs (8 oz/250 g each) light cream cheese
- 2 cups light (5%) sour cream
- 1 can (10 oz/300 ml) low-fat sweetened condensed milk (such as Eagle Brand)
- Grated zest of one lemon
- 2 cans (19 oz/540 ml each) reduced-sugar cherry pie filling

Preparation:

1 To make crust, combine graham crumbs and cinnamon in a medium bowl. Add melted butter and stir using a fork until crumbs are moistened. Spray a 9 x 13-inch baking dish with cooking spray. Press crumb mixture firmly and evenly over bottom of dish. Refrigerate while you prepare the filling.

2 Measure lemon juice in measure cup. Sprinkle gelatine over lemon juice and let stand for one minute. Add ¼ cup boiling water. Mix well, until gelatine is dissolved. Set aside.

3 To make filling, beat together cream cheese and lemon juice mixture on high speed of electric mixer until smooth. Add sour cream, sweetened condensed milk and lemon zest. Beat again until well blended. Pour filling over prepared crust and spread to edges of pan. Cover and refrigerate for at least 3 hours until set. Spread cherry pie filling over cream cheese mixture. Cover and refrigerate until ready to serve. Makes 18 cheesecake squares.

RECIPE TIPS: Take the cream cheese out of the fridge about 30 minutes before you make the cake. It's easier to beat cream cheese if it isn't cold. Don't omit the lemon juice from this recipe — it, along with the gelatine, helps the filling set. (If you leave it out, the filling will be runny.)

The perfect holiday party

Celebrate the season with a glittering open house for family and friends

YLVA VAN BUUREN
FOR METRO

The holidays are a wonderful time to hold a party for family and friends.

An open house lets your guests double-book if they have to during this busy time of year, says Robyn Green, Kai Event Management, Vancouver.

And an open house is also easier for the hostess ... you can prepare many foods and nibbles ahead, space out serving them, and wander about and visit with guests.

Planning is the most important part, says Greta Podleski, co-author of The Looneyspoons Collection and other cookbooks.

FOOD

Stick to hot and cold appetizers and a couple of desserts. "Three hot appetizers, three cold appetizers and two desserts/sweets should be plenty of variety," says Podleski. "Make some, buy some" is a good strategy — "but always present pre-made, store-bought food in pretty bowls or on decorative plates."

For the day of, write out a prep schedule. "I even write down when I'm getting into the shower and getting dressed for the party," says Podleski.

BAR

Keep it simple ... beer, wine and a couple non-alcoholic beverage choices.

DECOR

A metallic (silver or gold) colour theme will help make your event glitter.

Use silver or gold runners and napkins on your buffet table. Clear glass containers filled with sparkly ornaments look pretty and festive. Fill a large, shallow silver bowl with pomegranates and tuck evergreen sprigs or holly berries between the fruit. Make a wreath for the front door by attaching silver bells to a circular form.

The finishing touch: Use edible gold flakes (available at Michael's or a baking store) to rim champagne or wine glasses, sprinkle on desserts or even put in ice cubes.

GIFTS

Ask guests to help you fill stockings for the homeless by bringing gifts such as wool mittens or socks and food items.

"And I like to give out gifts when guests leave," says Green.

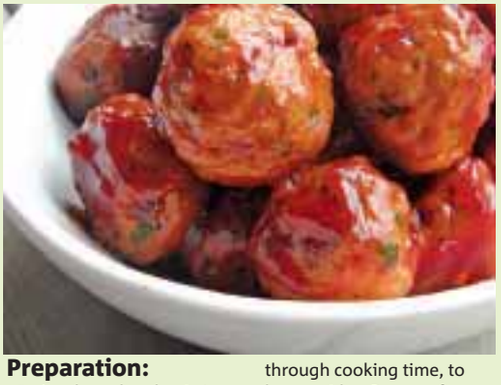
Bake ginger or shortbread cookies and put them in a mason jar tied with gold or silver ribbon.

THE PODLESKIS' NEW COOKBOOK, THE LOONEYSPOONS COLLECTION, IS AVAILABLE AT INDIGO.CA.

Mixed-Up Meatballs

Appetizer-size turkey meatballs with cranberry-orange barbecue sauce.

CONTRIBUTED



Ingredients:

Meatballs

- 1½ lbs (680 g) ground turkey or chicken
- ½ cup unseasoned dry bread crumbs
- ⅓ cup finely minced or grated onions
- ¼ cup minced fresh parsley
- 1 egg
- ½ tsp each garlic powder and dried marjoram
- ¼ tsp each salt and freshly ground black pepper

Sauce

- 1 can (19 oz/540 ml) jellied cranberry sauce
- ¼ cup hickory or chipotle barbecue sauce (smoky)
- 2 tbsp freshly squeezed lemon juice
- 1 tsp reduced-sodium soy sauce
- 1 tsp grated orange zest

Preparation:

1 In a large bowl, mix together ground turkey, bread crumbs, onions, parsley, egg, garlic powder, marjoram, salt and pepper (using your hands works best). Form mixture into bite-sized meatballs, about 1 to 1½ inches in diameter. You should end up with about 45 meatballs.

2 Place meatballs on a baking sheet that has been lightly coated with cooking spray. Bake at 400 F for 12 to 15 minutes or until cooked through. Stir meatballs once, halfway through cooking time, to brown sides. Remove from oven and transfer to a large pot.

3 In a small saucepan, combine cranberry sauce, barbecue sauce, lemon juice, soy sauce and orange zest. Cook over medium heat until cranberry sauce is melted and mixture is bubbly, about 5 minutes. Pour sauce over meatballs and stir gently until all meatballs are coated with sauce. Cover and simmer over low heat for 5 minutes, stirring occasionally. Serve hot. Makes 45 meatballs

Be social, but on best behaviour

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA
FOR MORE, VISIT CHARLESMACPHERSON.COM

The social holiday party is generally such a pleasure compared to the office party, but, yet, there are some simple guidelines that are important to follow to help ensure you have a great time and still hold your head up proudly at your kid's next soccer game!

Like any party, RSVP as soon as you get the invitation and never arrive early — fashionably late (15 minutes) is a good thing.

If appropriate, bring something like a box of chocolates, homemade cookies, a bottle of wine or a potted plant, favourite book or present for fido the dog, but never bring cut flowers, as this puts a burden on the hostess to have to arrange them and place them at the last minute.

If you are going to drink, make sure you make arrangements ahead of time on how you are going to get home — taxi, transit, or a non-drinking friend.

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4 sports

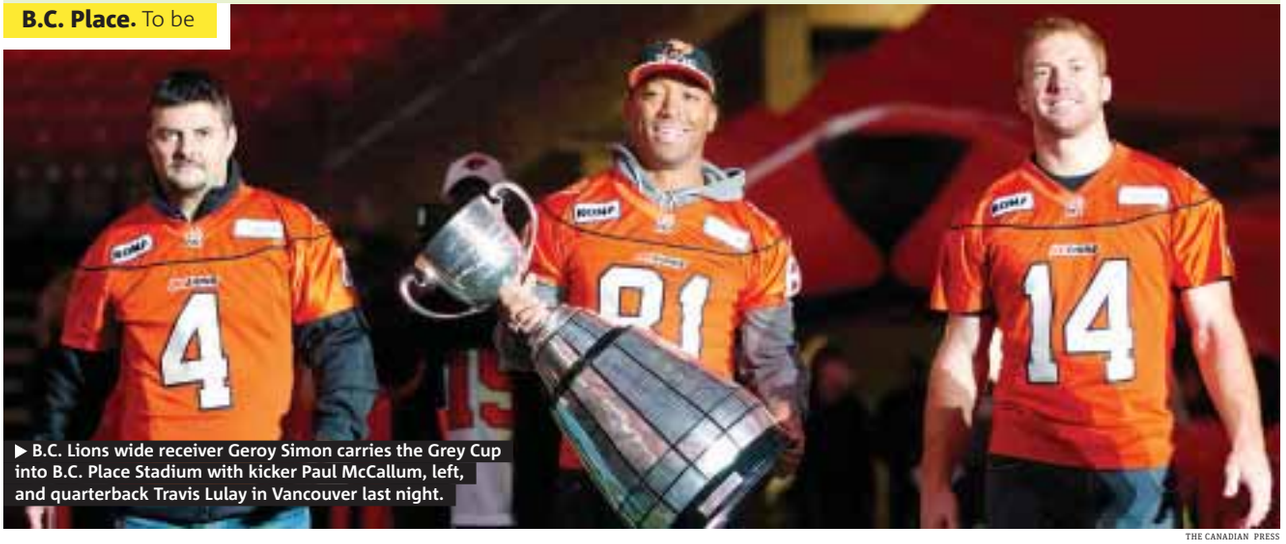
Jets preview

Phoenix at Winnipeg
7:30 p.m.
TV: TSN-Jets

The Jets (9-11-4) host a battle of old and new as Phoenix (13-7-3) returns to Winnipeg to face the team that has replaced them after they moved south 15 years ago. The Coyotes are coming off a 4-1 win over Chicago that put them atop the Pacific Division. Veteran winger Ray Whitney has six points in his last five games and Radim Vrbata has eight in his last six.

THE CANADIAN PRESS

B.C. Place. To be



▶ B.C. Lions wide receiver Geroy Simon carries the Grey Cup into B.C. Place Stadium with kicker Paul McCallum, left, and quarterback Travis Lulay in Vancouver last night.

THE CANADIAN PRESS

Lions return to scene of the championship

The Grey Cup-champion B.C. Lions saluted their fans last night for helping them go from worst to first. A few thousand faithful Lions followers descended on B.C. Place Stadium to celebrate Sunday's 34-23 home-field victory over the Winnipeg Blue Bombers. B.C. became the first club to win a CFL title after starting the season 0-5.

Barresi first Bombers casualty

LaPolice says team 'will be a stronger unit going forward' after firing offensive co-ordinator

Three days after losing the Grey Cup to the B.C. Lions, the Winnipeg Blue Bombers have dumped offensive co-ordinator Jamie Barresi.

"The Grey Cup had no bearing on my decision," head coach Paul LaPolice insisted yesterday as he confirmed the move.

"I felt that at that position we needed to go in another direction to help our structure and how we do things here."

But once again he referred to a decision by running back Chris Garrett to move outside on a key play in Vancouver, missing an open slot inside. It was one of two or three missed opportunities that cost the Bombers as they bowed 34-23 to the Lions in the CFL championship game.

"We've got to get the young guys to play more consistently."

LaPolice says they will decide later how to fill the slot.

"The reason I did it quickly? So Jamie could know what to do next and so he could get a job and he could move on and that's the fairest thing I could do to the guy."

He thanked Barresi for his contributions over two seasons.

"He's a good guy and I appreciate all the things he's done for this club but I just felt we will be a stronger unit going forward with a change at that spot."

LaPolice calls the plays on the field but says it's also important to be able to teach players and open lines of communication, particularly since the Bombers have so many young players.

Barresi came to the Bombers from the Saskatchewan Roughriders where he was the quarterbacks coach. He has also worked for the Lions and Hamilton Tiger-Cats.

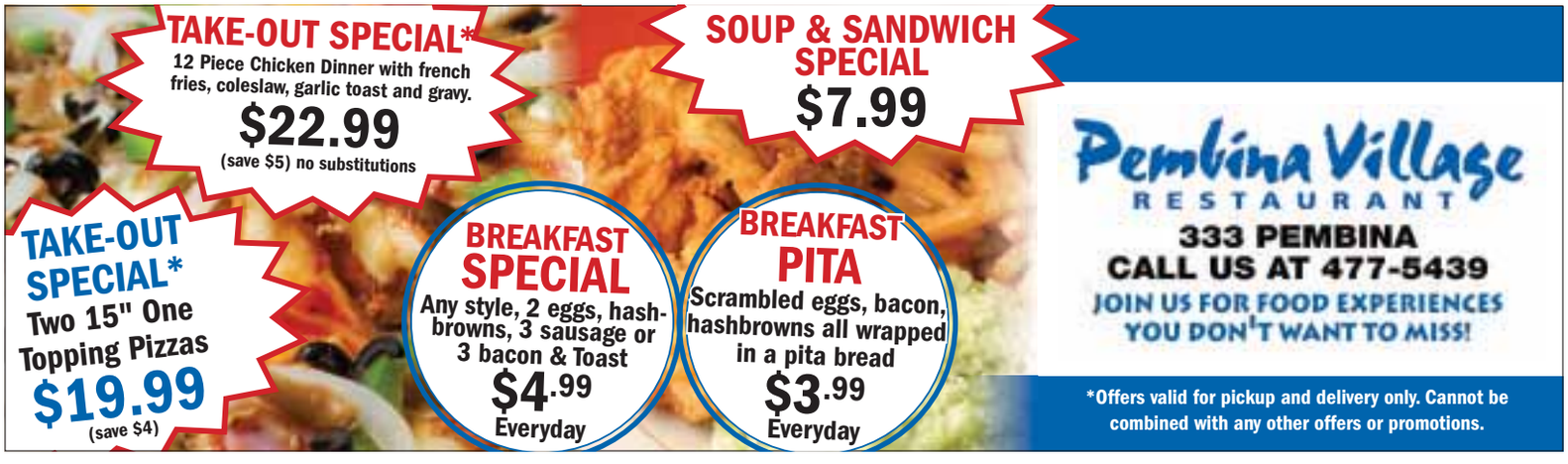
Although the Bombers were strong defensively, their offence blew hot and cold in 2011. Injuries didn't help, with top receivers Fred Reid and Carl Volny out for much of the season.

So far, LaPolice and Winnipeg general manager Joe Mack have given no hints about other changes they might make, other than pointing to an uneven kicking game that needs improving.

THE CANADIAN PRESS

Ticats firing

The Hamilton Tiger-Cats fired head coach Marcel Bellefeuille yesterday, less than two weeks after the CFL team came up short in the East Division final.


TAKE-OUT SPECIAL*
12 Piece Chicken Dinner with french fries, coleslaw, garlic toast and gravy.
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(save $5) no substitutions
SOUP & SANDWICH SPECIAL
$7.99
TAKE-OUT SPECIAL*
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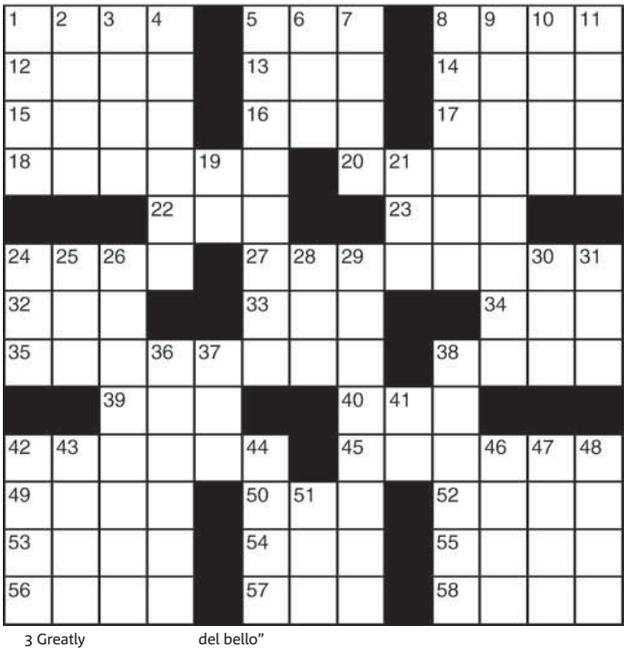
Crossword



Across
1 Practice boxing
5 Has permission
8 Suspend
12 Mah-jongg piece
13 Yoko of music
14 By word of mouth
15 Surmounting
16 Kvetch
17 Shrek is one
18 Fancy French cake
20 Offer as an example
22 $ dispenser
23 Comic DeLuise
24 Light bulb measure
27 Lengthwise and contiguous
32 Hearty quaff
33 "The Matrix" role
34 "There's — in team"
35 Huge
38 Norms (Abbr.)
39 GIs' entertainers
40 Work with
42 "The — of the Shrew"
45 Finicky cat in TV ads
49 Eye layer
50 Gorilla
52 Facility
53 German city
54 PC linking system
55 Cleo's river
56 Picnic invaders
57 "Guinness Book" suffix
58 Paradise

Down
1 Unescorted
2 Pocket bread
3 Greatly
4 Echo
5 Memorial building
6 Literary collection
7 Quiet exercise
8 Jinx
9 Fight
10 DEA worker
11 Jane Lynch's show
19 What @ means
21 Banned pesticide
24 Humorist
25 — Baba
26 Enveloping membrane
28 Verdi's "— giardin del bello"
29 Paper
30 Affirmative action?
31 Insult (Sl.)
36 Easterners
37 "Smoking or —?"
38 Tranquil
41 Therefore
42 Big brass
43 Shakespeare's river
44 Strong wind
46 Incursion
47 Wight or Man
48 Witnessed
51 — de deux

▶ Yesterday's answer

I	M	A	M		S	O	L		G	E	A	R
K	A	L	E		A	D	O		E	X	P	O
E	X	P	L	O	D	E	D		O	P	E	D
A	I	S	L	E			E	N	D	U	R	E
			O	R	A	L		E	E	N		
B	R	E	W		F	L	E	W		G	A	Y
R	E	X		C	R	A	W	S		E	N	E
A	M	P		H	O	M	E		A	D	D	S
		E	R	A		A	S	P	S			
M	I	L	O	R	D			S	H	A	R	I
O	S	L	O		E	X	P	I	A	T	E	D
S	L	E	D		M	I	D		M	O	D	E
T	E	D	S		O	V	A		E	P	O	S

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 The only way you are going to realize your dream is to go your own way and do your own thing.

♉ Taurus April 21-May 21 If others try tell you that you will achieve more in the long-term by backing off, don't listen to them.

♊ Gemini May 22-June 21 Keep a sense of perspective today, especially when large sums of money could be up for grabs.

♋ Cancer June 22-July 22 Others will be very demanding over the next 24 hours. If you know what's good for you, do as they say.

♌ Leo July 23-Aug.23 If you are unhappy with certain aspects of your life, especially work, now is the time to do something about it.

♍ Virgo Aug. 24- Sept. 22 You may have to postpone something you have been looking forward to, but you have promises to keep.

♎ Libra Sept. 23-Oct. 23 If you have been taking too much for granted on the home front, today will bring you back to earth.

♏ Scorpio Oct. 24-Nov. 22 Today, you will discover someone has deceived you. The signs were there from the beginning.

♐ Sagittarius Nov. 23-Dec. 21 Something that has been nagging at your mind for ages will suddenly make perfect sense.

♑ Capricorn Dec. 22-Jan. 20 You may need to talk tough with someone today. Let your charm smooth off the rough edges.

♒ Aquarius Jan. 21-Feb. 18 You've worked hard and are wondering when you will see a reward. Don't be so impatient. It'll come.

♓ Pisces Feb. 19-March 20. You will be proved right today. Don't make the person who was wrong feel small. **SALLY BROMPTON**

Sudoku

		6					1	
7	4						3	2
		5	7			9	8	
5				8	2		6	
				7				
	8		5	4				3
	9	3			1	4		
8	5						9	6
	2					3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	7	4	3	9	2	5	8	6
6	3	9	4	8	5	1	7	2
8	2	5	6	7	1	3	4	9
7	1	3	2	4	8	6	9	5
5	4	6	9	1	7	2	3	8
9	8	2	5	6	3	4	1	7
3	9	1	7	5	6	8	2	4
2	5	7	8	3	4	9	6	1
4	6	8	1	2	9	7	5	3

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Maxinum Newf, I am missing you so much these days, you seem to be so distant from me lately and I am confused as to why. I want to get back to US and how we were before all the stress. I love you with all my heart and hoping we can work thru all this. **NEWFS SWEETIE FOREVER.**

BABY ELLE. Sweet little piglet, every time I see your face it's like fireworks! I know your knees get weak when you see me, like that time you fell on my lawn! LOL Your the sweetest and your so adorable when your quiet and shy! Don't worry, we'll be together again soon... 4ever, **LBM**

This message is for all the lovers, life is short. STOP wondering and WASTING time. if your Love means that much to you, Show them. love peace and happiness **SOME1WHOUNDERSTANDS**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min -15°	Min -8°	Min -11°
Max -9°	Max -1°	Max -8°

Jenna Khan, Weather Specialist
BT BREAKFAST TELEVISION
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

Caption contest

KOJI SASAHARA/ THE ASSOCIATED PRESS

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